FACT SHEET 3

Personal Attire

Clothes / Uniforms / Aprons

The purpose of aprons / uniforms is to protect the food from you. For this reason it is important that:

- All clothes are clean each day / shift;
- Aprons are changed if they become excessively dirty or have the potential to contaminate food;
- Aprons / uniforms are not worn outside the work area ie: to work, washing out bins, going to toilet.

Hair

Hair is contaminated with Staphylococcus bacteria. For this reason it is important that:

- Long hair is tied back so that it is not necessary to touch or push out of the way;
- Hair, including the fringe, is confined under a hair net or cap so it cannot be touched or fall into food should hair fall out.

Jewellery

Jewellery has the potential to contaminate food in 2 ways - physically by all or part of the jewellery falling into the food or biologically as jewellery is difficult to clean. For this reason it is important that:

- Hand jewellery is kept to a minimum ie: plain wedding band;
- All other jewellery be well secured ie: necklaces under shirts, earrings have a strong catch;
- It is recommended that watches be removed whilst preparing food to assist with effective hand washing of the wrists.

Fingernails

Fingernails have the potential to contaminate food physically by the nail or polish falling into food or biologically due to ineffective cleaning. For this reason it is important that:

- No artificial nails are worn in a food preparation area;
- No nail polish be worn on fingernails;
- Fingernails are kept short to facilitate easy cleaning.

Personal Attire Important Points

- Aprons are to be worn during food preparation in a food preparation area only and are to be changed each shift and as they become excessively dirty.
- Long hair should be tied back and all hair should be covered with a cap or a hair net.
- Jewellery should be kept to a minimum with only a plain wedding band to be worn on the hand with all other jewellery being well concealed or with strong catches.
- Fingernails should be kept short with no polish and no artificial nails.

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